



Anana Johari Harris Parris [@ananajohariharrisparis](#) is the founder and CEO of the Self Care Agency, LLC where she operates as the lead Strategic Business & Self Care Consultant Program Designer as well as the founder of the SisterCARE Alliance. Ms. Parris also is the co-founder and Managing Partner of the Wellness & Justice Group, LLC. Ms. Parris is the author of Self Care Matters A Revolutionary's Approach.

selfcareagency.com [@theselfcareagency](#)
wellnessandjustice.com
sistercarealliance.org

Ms. Parris launched her 2021-22 year as a Women of Color Initiative Strategic Self Care Curriculum Design Consultant. From May 2019 - January 2021, Anana served as a Fractional Chief Operating Officer Advisor for How to Manage responsible for guiding more than 30 business and law firm owners through entrepreneurial decision making, infrastructure/systems development, revenue, and business process refinement. Most recently this year, Ms. Parris facilitated a Strategic Self Care Training for over 200 lawyers, judges, and legal professionals with the Training Division of the Administrative Office of the United States Courts a few weeks after the insurrection.

For 7 years Ms. Parris was the Director of Business Operations and Community Affairs for the Davis Bozeman Law Firm where she managed all business operations, brand marketing, human resources, IT, the legal internship program, and public

relations. Ms. Parris also managed the Community Affairs Division of the firm which includes the collaborative community projects such as: “Respect Black Life: I am Trayvon Martin March” of over 5000 marchers from Atlanta University Center to the CNN Center and the New Beginnings Re-entry Mentoring Program in partnership with the Urban League, Morehouse School of Medicine, and the U.S. Attorney’s Office of Northern District of Georgia. As an Electrical Engineering student at Howard University, Ms. Parris gained professional experience with Swisscom North America. Ms. Parris was the co-owner and COO of GTM Agency managing the logistics of a 26-city national promotion of the Truth™ anti-tobacco campaign.

Ms. Parris is also the founder of non-profit initiatives like the AfriSalsa Cultural Organization/AfriSalsa fights HIV/AIDS Campaign, the SisterCARE Dance Club and the Self Care Day Campaign. Ms. Parris authored the first official Self Care Day Proclamation on December 4, 2011 recognized by the City of Atlanta and later the cities of Savannah, Lithonia, Charlotte, NC, Charelston, SC, Mecklenburg County, NC, Mansfield DFW, Texas and DeKalb County. To further the promotion of self-care as a strategic form of social justice, Ms. Parris authored the book, Self Care Matters: A Revolutionary's Approach. Her book has launched several Self Care Support Groups and its Strategic Self Care Training Program has been approved for training with the American Academy of Pediatrics as well as adopted as a required training text for many programs addressing human trafficking, domestic violence and trauma survivor programs. Her book is also adopted as the primary Strategic Self Care Training tool for the Southern Center for Human Rights and the ProGeorgia Women of Color Initiative.

Ms. Harris Parris was awarded the Unsung Heroine Award by the National Coalition of 100 Black Women, Inc., the State of Georgia Goodwill Ambassador Award and the Community Service Award from the U.S. Attorney General’s Office of the Northern District of Georgia. In 2018, Ms. Parris was the keynote speaker at the Global Women’s Leadership Activism Summit in Johannesburg, South Africa and the recipient of the Southern Center for Human Rights Gideon's Promise Award. In 2019, Ms. Parris was appointed the Howard University Alumni Club of Atlanta Community Affairs Chair and a ProGeorgia 2019 and 2020-21 Women of Color Thought Leader Delegate.

Examples of Seminars, Training and Speaking Engagement:

- AT&T Scholars Program
- Mercer University Counseling Graduate Program
- Georgia Academy of Family Physicians
- Administrative Office of the United States Courts
- National Association of Public Defenders
- Northstar Psychological Services, Inc.: Strategic Self Care and Radical Improvement in Cultural Engagement
- Piedmont Hospital Women's Heart Health Program
- Atlanta Birth Center

Please see above CV for complete list of affiliations, trainings and speaking engagements.

CV is located at www.selfcareagency.com/about-anana-harris-parris